

Tips to Informal Caregivers
on Giving Personal Care

Convulsion (Seizures)

Convulsions (also called seizures) are involuntary muscular spasms that usually involve the entire body. During a convulsion, a person is unconscious. Convulsions may accompany severe illness, a head injury or may be a form of epilepsy.

When a convulsion begins, the body muscles will be rigid for a few seconds. This phase is then followed by jerking movement, and a bluish color of the face and lips.

Drooling or foaming at the mouth may occur. Following a seizure, the person will be very tired and sleep deeply.

First-aid involves maintaining an open airway and preventing the person from hurting himself. Do not restrain him or try to stop his movements. Do not give any liquids. Do not place the victim in a tub of water. Do not try to force anything between his teeth. Keep hands away from his mouth. If breathing stops, give mouth-to-mouth resuscitation. If convulsions occur, inform your doctor immediately or take patient to the hospital. Report the length and characteristics of the convulsions to the health professional.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.